



An Introduction to 5-4-3-2-1 Go!®

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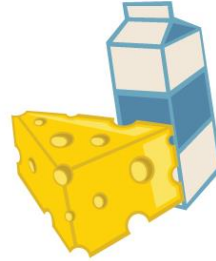
Curriculum History



5 servings of
fruits and vegetables



4 servings of water



3 servings of
low-fat dairy



2 hours or less of
screen time



1 or more hours of
physical activity



5-4-3-2-1 Go!® with The Wellbeing Partners

- We place our focus on **partnerships** with schools, childcare centers, out-of-school programs, and community organizations.
- We partner with staff to help buildings identify health and wellness needs within their community, and then make changes to help improve upon those needs.
- 5-4-3-2-1 Go!® is a portion of that work, as it provides a wellness program for schools and organizations who need one.



Webinar Agenda

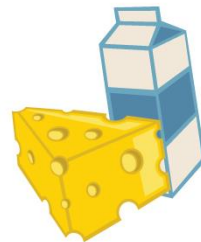
- Show you how the 5-4-3-2-1 Go!® Program can be used in your organization
 - Building-level features
 - Features for teachers
 - Parent resources
- Share resources specific to COVID-19 and the current health climate
- Share access to a digital copy of the program with you



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How to Use *5-4-3-2-1 Go!*®

- It is designed in pieces so that you can use the materials that best fit your needs.
- Find the parts that will work the best for your program





School Toolkit

GoNebraskaKids.org



For easier
exploration
of the toolkit,
visit
GoNebraska
Kids.org



Sections

- Building- Wide
- Aged-based
- Parent Resources



School Toolkit Index

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School-Wide Activities

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Age-Based Lessons and Activities

Chart includes activities categorized by age and related academics

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Building-Wide Features

- Announcements
- Countdown Facts
- Building Challenges
- Posters and Signage





Age-Based Features

- Collection of activities organized by student age/grade

Activities Index					
Name	Activity Type	Countdown	Ages/Grades	Length of Time	Related Academic Skills
Countdown Coloring Sheets	Activity Sheet	All	4-7 yrs; Pre-K - 1st	flexible	Reading
Dairy Group Coloring Sheet	Activity Sheet (English and Spanish)	3 servings of Low-Fat Dairy	4-7 yrs; Pre-K - 1st	flexible	Vocabulary
Serving Size Coloring Sheet	Activity Sheet	5 servings of Fruits and Vegetables	4-7 yrs; Pre-K - 1st	flexible	Science
Fruits and Veggies Search	Activity Sheet (English and Spanish)	5 servings of Fruits and Vegetables	6-10 yrs; 1st - 4th	flexible	Science, Vocabulary
Fruits Group Matching Activity	Activity Sheet (English and Spanish)	5 servings of Fruits and Vegetables	6-10 yrs; 1st - 4th	flexible	Reading, Vocabulary



Age-Based Features

- Games
 - These allow for more gross motor movement , but can be done in a classroom setting
- Brain Blasters
 - These are short opportunities for physical activity, designed to be a short break from regular learning

Family Resources

Eating Right and Being Active It's as Easy as ...



5 Servings of fruits and vegetables a day

Fresh or frozen, whole or cut-up, fruits and vegetables are natural sources of many important nutrients. Five or more servings of fruits or vegetables a day provide your children with vitamins, minerals and fiber that may help reduce their risk of illness, including heart disease. A serving is one-half cup of cut fruit or veggies, one cup of salad greens or one-quarter cup dried fruit. **Suggestions:** Choose whole fruits and vegetables over juice, since these contain more fiber and offer a natural balance of vitamins and minerals without added sugar. Keep fresh cut-up fruits and veggies around for snacks.

4 Servings of water a day

Encourage your children to drink water every day to satisfy their thirst and provide fluid for their growing bodies. Four or more glasses of water will keep your kids healthy and active without adding extra calories. **Suggestions:** Give your children water bottles and keep them filled. Keep track of how much they drink, especially during play or sports. Put a pitcher of water on the table at dinner.

3 Servings of low-fat dairy a day

Low-fat dairy products provide protein and calcium for strong bodies, bones and teeth. A serving is an eight-ounce cup of low-fat or skim milk or yogurt, or 1-1/2 ounces of low-fat cheese. **Suggestions:** Blend low-fat or skim milk or yogurt with fruit and ice to make a tasty treat. Add low-fat cheese to soups and salads.

Eating Right and Being Active It's as Easy as ...



4 servings of water a day

Water - It's the better choice!

Sweetened beverages like soda and Kool-Aid provide no nutrition and adds extra calories that you don't need. Swapping out these beverages for water is a simple and easy change that can quickly improve your health.

Beverage	Amount of Sugar	Total Calories	Miles needed to walk to burn off calories
Water	0	0	0.0 miles
20 oz Dr. Pepper	16 tsp	250	2.9 miles
Monster Energy	13 tsp	210	2.4 miles
Gatorade	13 tsp	200	2.3 miles
5 oz 100% Juice Box	5 tsp	100	1.2 miles

Why you NEED water!

- ✓ Helps digestion
 - Relieves constipation and helps break down food
- ✓ Improves exercise performance
 - Water helps release heat from the body, reduces fatigue and recovery time, and increases blood flow to muscles
- ✓ Regulates body temperature
- ✓ Helps maintain a healthy weight
 - Water is a zero calorie beverage
- ✓ Increases energy
 - Even mild hydration causes fatigue, muscle weakness, headaches, and dizziness. Drink water before you get thirsty.

Look out Below!

Urine color is the easiest way to tell if you are hydrated. A pale lemonade color shows you are well hydrated, but drink up if your urine is the color of apple juice or darker- your body is thirsty!

Hydrated

Dehydrated

Age Range	Adequate Daily Intake of Beverages
1-3 Years	About 4 cups
4-8 Years	About 5 cups
9-13 Years	About 8 cups for boys About 7 cups for girls
14-18 Years	About 11 cups for boys About 8 cups for girl

COVID-19 Resources

- The Wellbeing Partners' Healthy at Home packet
- 5-4-3-2-1 Go!® COVID resources
- Follow us on Facebook at The Wellbeing Partners – Youth



HEALTHY AT HOME

DURING COVID-19

You can help the children in your life continue to live a healthy lifestyle during COVID-19 by encouraging them to follow the daily Countdown!



Learn more at GoNebraskaKids.org and follow these tips during social distancing:

5 FRUITS AND VEGGIES

Plant a backyard garden and allow children to participate in growing their own fruits and vegetables. This will make them more inclined to eat them while also cutting down on trips to the grocery store for fresh produce.

4 GLASSES OF WATER

Carry a reusable water bottle with you and avoid using public drinking fountains. Add a tally mark each time you fill it up!

3 SERVINGS OF DAIRY

Make snack time a fun activity with DIY smoothies or fruit bars! Allow children to choose their favorite fruits to combine with yogurt for a healthy snack.

2 HOURS OR LESS OF SCREEN TIME

We're all getting a lot more screen time these days! Be intentional about cutting back recreational screen time and engage in active play for fun. Use screen time for distance learning and to connect with family and friends.

1 HOUR OR MORE OF PHYSICAL ACTIVITY

There is no better place to be active than your own backyard or neighborhood! Go for family walks, play kickball, or take turns being the "yoga teacher" and coming up with tricky poses.



For more wellness information, follow us on facebook at [The Wellbeing Partners](#) and [The Wellbeing Partners-Youth](#)

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Questions?



Thank you!
Please complete the post-survey

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